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Conservation officer mourned

Struck by vehicle last Friday. Justin Knackstedt remembered as someone who 'loved his occupation,' as suspect in his death appears in court

MORGAN MODJESKI
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The 23-year-old conservation officer who was killed last Friday by an allegedly impaired driver fleeing police loved his job, a family friend says.

Conservation officer Justin Knackstedt of Watson, Sask., was killed Friday night after a vehicle struck him while he stopped to help first responders deal with a two-vehicle crash on Highway 11, just south of Saskatoon.

The man driving the vehicle, 35-year-old Blaine Thomas Taypotat, appeared in court on Monday morning charged with a number of offences, including dangerous operation of a motor vehicle causing death and flight from a peace officer causing death.

Brenda Hartley, a close friend of Knackstedt's family, spoke to media outside of court with tears in her eyes. She said the death has had a huge impact on his loved ones.

"He was a typical young man. He loved to hunt and fish and he loved his occupation," said Hartley. "He was a really good kid."

When asked how the family was reacting to the news of his death, she responded, "Not well. Not well at all."

"It was just such a shock," said Hartley. "I've been so angry. To know how the accident happened and that he could have killed others, he didn't look like he cared and he killed somebody. I hope he pays hard for it."

Josephine De Whytell, who represented Taypotat in court on Monday morning, said her client is mournful for the loss.

"Mr. Taypotat is incredibly remorseful for what has happened and wants this matter to move expediently," she said. "(He wants the matter) to move as swiftly as possible with as little harm to people who might be affected by this serious tragedy."

Taypotat is scheduled to be back in court on June 17.

Brenda Hartley, a close friend of Justin Knackstedt's family, speaks to reporters outside Saskatoon provincial court on Monday. Hartley said Knackstedt, inset, who was killed Friday night on Highway 11 after being struck by an SUV, loved his job as a conservation officer. She also said his family has been devastated by the loss. MORGAN MODJESKI/METRO; INSET: MINISTRY OF ENVIRONMENT/CONTRIBUTED

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A crew with a STARS air ambulance prepares to put an occupant of a crashed vehicle onto a helicopter on Highway 7, 25 kilometres east of Kindersley, on May 19. CONTRIBUTED/RCMP

Tragic weekend: 7 Sask. road deaths

'Making a choice.' Provincial conservation officer directing traffic on Highway 11 died after being hit by man now charged with impaired driving

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It is among the most tragic weekends on Saskatchewan streets and highways in recent history.

And most of those traffic deaths between this past Friday and Sunday are suspected to have been caused, at least partly, by drunk driving.

Of the seven fatalities in crashes in Saskatchewan on the weekend, it's the four deaths allegedly stemming from alcohol consumption that have authorities shaking their heads.

Sgt. Paul Dawson, media relations officer for RCMP in Regina, singled out the death of provincial conservation officer Justin Knackstedt, who was killed Friday night while directing traffic on Highway 11 just outside Saskatoon.

"You may make a choice to drink and drive," he said of tragedies like this, in which a 35-year-old man is charged with impaired driving and other violations.

"The consequences of your actions may affect yourself, but they also may affect other people on the highway. In this case, it was a 23-year-old young man who was doing his job."

Three crashes caused the four fatalities in which impairment is suspected. Two people were killed in one crash after being ejected from a vehicle on Saturday night near Maidstone on Highway 16.

Just like leaving seat belts unbuckled, Dawson pointed out that driving following alcohol consumption is "making a choice" that can very easily bring horrible consequences.

"Sadly, it can lead to some of the things we've seen this past weekend," he said.

"That has a ripple effect on an entire community and also on the family of that person."

A 1993 Ford Fiesta sits crumpled next to a Saskatchewan highway after an accident. FLICKR/JORDON

Traffic safety. Committee offering public meetings

The Saskatchewan government's Traffic Safety Committee is meeting at the Saskatoon Travel Lodge on June 3 and 4 to hear from the public on how to ensure that the province's highways are safe.

And after a deadly weekend for drivers, committee chair and legislative secretary Darryl Hickie said the ideas and information gained during the public meetings are necessary to determine the best way the government can deal with issues such as impaired driving, distracted driving and other safety concerns.

"People think driving is a right, but it's a privilege," said Hickie.

"A stationary vehicle that doesn't go anywhere doesn't hurt people. Only when someone gets behind the wheel do they become dangerous." METRO

Alleged fraud

Alberta man target of lengthy Sask. RCMP probe

RCMP in Saskatchewan have laid more than a dozen charges against a Calgary man for his alleged involvement in an investment fraud scheme.

Police say the alleged fraud dates back to 2008.

Mounties in Saskatoon started investigating in October 2010 after complaints from people who said they had lost money after investing with the 34-year-old suspect. A total of 16 charges, which include fraud as well as possessing and laundering the proceeds of crime, have been laid against Josh Johnston.

THE CANADIAN PRESS

Investigation dropped

Saskatoon man, reported missing, contacts family

Police say a Saskatoon man who had been reported missing has been in touch with his family and is safe.

They say Joseph Pelletier, 24, contacted family members via the Internet and spoke to them directly on the weekend.

He had last been seen by his girlfriend on May 24.

His sport utility vehicle was found in Calgary — with the windows down and the keys still in the ignition — five days after his disappearance.

THE CANADIAN PRESS

Global discussions

Premier heading to secretive Bilderberg meeting in U.K.

Saskatchewan Premier Brad Wall is heading to a high-powered meeting of world government and business leaders that is known for its tight secrecy.

Wall is to attend the Bilderberg conference starting Thursday in Hertfordshire, England.

The conference's website describes it as a forum for informal, off-the-record discussions about major global issues.

The website says key topics this year include job growth, cyber warfare and politics within the European Union.

THE CANADIAN PRESS

With more kilometres of road than any other province, why not take a weekend and embark on a Saskatchewan road trip adventure? Here are five choices that will teach you a little history along the way.

JANE CAULFIELD
jane.caulfield@metronews.ca

5 reasons why you should take a road trip through Sask.

1

Batoche National Historic Site

A perfect fit for the history buff, this road trip will take you 90 kilometres north of Saskatoon to the site of the last battle in the 1885 Northwest Rebellion and the designated headquarters for Louis Riel's "Provisional Government of Saskatchewan." Today, the site depicts the lifestyles of the Métis who lived in the area between 1860 to 1900.

2

Big Muddy Badlands

Boasting history that traces back nearly 70 million years, the badlands show off some of the province's most stunning landscapes. The 160 metre-deep valley stretches 55 kilometres and visitors can travel a short distance to see Castle Butte — a 70 metre high sandstone and clay formation jutting out of the prairie.

3

Canoeing in Missinipe

Taking a road trip up north means heading into Saskatchewan's woodlands — full of lakes and trails, this road trip promises to be one for the adventure lover. Missinipe is on the cusp of the historic Churchill River System — the "highway" for early aboriginal peoples, explorers and fur traders.

4

Cypress Hills

This park offers vast landscapes that will awe and inspire any road-tripper. And with a number of attractions, including Fort Walsh — a significant piece of RCMP history — the park is a destination suitable for almost any traveller.

5

Motherwell Homestead National Historic Site

This historic site, located near Abernathy, is a great road trip destination for you and your entire family. With the house restored to mimic the farming techniques and lifestyle of rural families in 1907, the homestead features a variety of family orientated events all summer long that make learning history fun!

Exploring Health at the Speed of Light
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Canadian Light Source
Centre canadien de rayonnement synchrotron
SHRF
Saskatchewan Health Research Foundation
University of Saskatchewan

Over 100 die in slaughterhouse fire

China. Frantic workers trapped inside plant with only one way out

Fire swept through a poultry processing plant in northeastern China on Monday, trapping workers inside a slaughterhouse with only a single open exit and killing at least 119 people in one of China's worst industrial disasters in years.

Survivors described panic as workers, mostly women, struggled through smoke and flames to reach doors that turned out to be locked or blocked.

The accident highlights the human cost of China's lax industrial safety standards, which continue to claim workers despite recent improvements.

Dozens were also injured in the blaze in Jilin province's Mishazi township, which appeared to have been sparked by three early morning explosions, according to the official Xinhua News Agency.

The provincial fire department attributed the blasts to an ammonia leak. The chemical is kept pressurized as part of the cooling system in meat processing plants.

State broadcaster CCTV quoted workers as saying the fire broke out during a shift change when about 350 workers were at the plant.

The fire spread rapidly, with industrial boilers exploding, the Southern Metropolis Daily reported. Only a side door to the building was open with the rest of the exits locked, the newspaper said.

It quoted a worker as saying the fire engulfed the building in three minutes, leaving little time for many to flee.

A government official, who refused to give his name, said he expected the death toll to rise as more bodies were recovered.

Accidents and chemical spills are common in Chinese factories. The government has been tightening safety checks, and deaths from workplace accidents fell nearly 5 per cent in 2012 from the previous year, according to Yang Dongliang, head of the State Administration of Work Safety.

THE ASSOCIATED PRESS

Panic and grief

"I could only crawl desperately forward.... I worked alongside an old lady and a young girl, but I don't know if they survived or not."

39-year-old worker Guo Yan, as quoted by the official Xinhua News Agency.

Medical staff wait near a poultry processing plant that was engulfed by fire. THE ASSOCIATED PRESS

Turkey's Prime Minister Recep Tayyip Erdogan on Monday again dismissed street protests as a passing move by extremists. THE ASSOCIATED PRESS

White House asks Turkish police, protesters to refrain from violence

The Obama administration voiced concern Monday over Turkey's crackdown on protesters and urged all sides to reject violence.

The White House said the United States believes the vast majority of those protesting have been peaceful, law-abiding citizens. Presidential spokesman Jay Carney called them ordinary citizens exercising their rights to free expression.

Carney said all democracies have to work through issues but expects the U.S. ally to do so while respecting its citizens' rights.

Police in Turkey have used tear gas for a fourth day to disperse demonstrations that grew out of a sit-in to prevent the uprooting of trees at Istanbul's main square.

Secretary of State John Kerry, who has travelled to Turkey three times since becoming America's top diplomat, said the U.S. is following the situation closely and is troubled by reports of injuries and excessive force by the police.

THE ASSOCIATED PRESS

No love for Big Turk

The protests are seen as a sign of frustration with Prime Minister Recep Tayyip Erdogan, who has appeared to be increasingly authoritarian and is accused of meddling in all aspects of life.

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Cyberattacks

MacKay tells China to restrain hackers

Defence Minister Peter MacKay said he laid down clear "markers" Monday on how to curb cyberattacks originating in China.

MacKay told his counterpart in Beijing that Canada expects China to establish a "greater rapport" with other countries and play by a "rules-based framework."

He said he was hopeful that there could be a "correction" in the cybersecurity threat if China is continually pressed by a variety of sources.

MacKay was noncommittal when asked whether he believes the government is participating in the hacking.

THE CANADIAN PRESS

Cambodia

Violence persists at Nike factory

Cambodian police clashed Monday with factory workers that make clothing for Nike, arresting seven, in the latest violence linked to a strike over salary, said union and rights figures.

The protest at the Sabrina (Cambodia) Garment Manufacturing plant began May 21 when workers demanded their salaries be raised to $88 per month from $74.

The strike has seen violence before. Police allegedly used force when workers blocked the main road outside the factory on May 27, reportedly causing two pregnant workers to miscarry.

THE ASSOCIATED PRESS

Long gun registry 2.0?

Canada holds back on UN arms treaty

Canada hasn't decided whether it will join more than 60 other countries in signing a UN treaty to regulate the global arms trade.

Foreign Affairs Minister John Baird suggested on Monday a link between the treaty and the abolished long gun registry. He accused the Opposition of trying to find a back door to renew it — a suggestion the NDP called ridiculous.

What impact the treaty will have in curbing the global arms trade remains to be seen. A lot depends on which countries ratify and which don't, and how aggressively it is implemented once it comes into force. THE ASSOCIATED PRESS

Ottawa to fund anti-bullying program

'Important and timely.' Feds, Red Cross partner for initiative aimed at protecting youth after recent teen suicides

JOE LOFARO
Metro in Ottawa

The federal government announced funding for a program aimed at eliminating bullying among youth, after recent teen suicides have sent educators and parents looking for ways to protect young people.

Heritage Minister James Moore announced support for a Canadian Red Cross anti-bullying initiative called "Stand Up to Bullying and Discrimination in Canadian Communities." Moore made the announcement with Laureen Harper and Ottawa councillor Allan Hubley at A.Y. Jackson High School in Kanata, a suburb of Ottawa. Hubley's 15-year-old son Jamie attended the school before he took his own life in 2011 after being bullied for being openly gay.

Moore said the government is partnering with the Red Cross, which will train 2,400 youth between the ages of 13 and 17 who will deliver in-class workshops to other youth across Canada.

Hubley called the project "important and timely" in light of the recent suicides of Amanda Todd and Rehtaeh Parsons.

"Canadians such as my family have paid too high a price and want meaningful progress before other families must carry the burden of losing someone special like my boy, Jamie, who only wanted safer communities for everyone," said Hubley.

A life cut short

Jamie Hubley had been a figure skater, and the only openly gay student at A.Y. Jackson High School in Kanata, Ont., a suburb of Ottawa.

'Dramatic' floods cause deaths across Europe

The city hall of Grimma, Germany, is surrounded by water Monday. At least eight people were reported to have died and nine were missing due to floods in Germany, Austria, Switzerland and the Czech Republic. "The situation is extremely dramatic," Herbert Zillinger, a crisis centre spokesman in Passau, said about the southeast Germany city where water rose to levels not seen in more than five centuries.

JENS WOLF/DPA/THE ASSOCIATED PRESS

VIA Rail plot

Suspect can't find lawyer who'll use Qur'anic defence

A terror suspect charged in an alleged plot to attack a VIA Rail passenger train is having difficulty finding a lawyer who will try convincing a court to judge him against the Qur'an.

Chiheb Esseghaier appeared in a Toronto court via video link on Monday to discuss his attempts to find legal aid representation — a process that has so far been unsuccessful due to the specific and unusual demands he has made.

"I want that the lawyer help me to change the reference of my case from the laws used by humans to the laws of the holy book," he told the court. "I cannot take a lawyer who is not able to fulfil my need."

When asked by the presiding justice of peace if he fully understood the proceedings, Esseghaier, who was wearing an orange jumpsuit and sported a full beard, said he did.

THE CANADIAN PRESS

Social media

PM's partisan tweet raises eyebrows

A partisan pitch sent from the prime minister's Twitter account touched off some pointed questions Monday about how Stephen Harper is using social media.

Harper actively solicited names for the Conservative party's mailing list via his @pmharper account, viewed by many as the official social media voice for the Prime Minister's Office.

Government policy forbids the use of official communications for partisan purposes, but Harper spokeswoman Julie Vaux said in an email that "@pmharper is a political Twitter account, not a government one." Vaux noted Harper runs a second, government account at @pmwebupdates.

The @pmharper account is defined as belonging to the Prime Minister, with no reference to party. It also includes a link to the PM's official government website.

THE CANADIAN PRESS

Report. Sleep conditions still causing infant deaths

The rate of infant deaths associated with unsafe sleep environments hasn't changed despite increased awareness, according to a report released Monday.

Of the 131 infant deaths studied by Ontario's Office of the Chief Coroner last year, 37 per cent were found in unsafe environments, according to the report of the Paediatric Death Review Committee and Deaths Under Five Committee.

The children died with no findings on autopsy, but were in an unsafe sleep environment, said Dr. Dirk Huyer, the committees' chairman.

"What we don't know is whether that directly caused the death, or whether it's specifically associated with it," he said. "But we do know ... epidemiologically and through study that children have a greater risk of dying in unsafe sleeping environments."

THE CANADIAN PRESS

Soccer turban ban. Sikhs 'can play in their backyard'

The Quebec Soccer Federation says if Sikh kids want to play soccer while wearing a turban, they can play in their own yard.

Brigitte Frot, the director general of the federation, was asked Monday what she would tell a boy in a turban who shows up to play soccer.

"They can play in their backyard, but not with official referees, not in the official rules of soccer" Frot replied.

Quebec referees began cracking down on the religious headgear in the last year. The weekend decision to uphold the ban was upheld despite a directive from the Canadian Soccer Association in April calling for provincial associations to allow them.

Quebec is the only province that has balked at allowing turbans on the pitch. An estimated 100 to 200 children are left unable to play as a result.

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CRTC cracks the dreaded 3-year cellphone contract

Wireless code. Telecom regulator's new national standards let customers cancel agreements after 2 years without penalties

Cellphone customers will be able to walk away from their contracts after two years without any early-cancellation penalties under a set of new rules unveiled Monday by the CRTC.

But the Canadian Radio-television and Telecommunications Commission didn't go as far as an outright ban on the controversial three-year contracts that are so widely hated by many Canadians.

Instead, customers will only have to pay the remaining value of the device subsidy if they opt out of their contracts after two years. That means if a customer bought a $600 phone for $99 on a three-year plan, they only have to pay the remaining balance on the device itself to get out of the contract early.

In the lead-up to public hearings held this year on the new wireless code, the CRTC said it heard a lot of angry comments about three-year contracts. GETTY IMAGES FILE

Quoted

"The wireless code has rules to help wireless customers where it counts — the bottom line. It also makes it easier to switch companies because those costs are limited and are clear." John Lawford of the Public Interest Advocacy Centre

"We didn't focus on the length of the contract, we focused on the economic relation," CRTC chairman Jean-Pierre Blais said in an interview.

"So, in effect, it's equivalent to those asking for a ban of a three-year contract without us actually banning three-year contracts, because what we're saying is the contract's amortization period can only be for a maximum period of 24 months."

In the lead-up to public hearings held earlier this year, the CRTC said it heard a lot of angry comments about three-year contracts. "What we were concerned about was ensuring that there was a dynamic marketplace; that is, that people didn't feel entrapped in their contracts when they want to maybe use the offer of a new entrant or a competitor across the street," Blais said.

The code, which all service providers in Canada will have to abide by, will apply to new wireless contracts beginning Dec. 2. As part of the new code, the CRTC is also capping extra data charges at $50 per month and international data roaming charges at $100 per month to avoid huge, surprise bills.

THE CANADIAN PRESS

Glazed and confused

Is it a dessert? Is it a brunch food? Is it really such a good idea? Dunkin' Donuts is adding this doughnut breakfast sandwich — that is, fried eggs and bacon between a split glazed doughnut — to its U.S. menu this week. The sandwich clocks in at 360 calories, which is less than the 390-calorie turkey sausage sandwich the chain recently introduced for people looking to eat better.

JAMES SCHERER/DUNKIN' BRANDS INC./THE ASSOCIATED PRESS

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metro

Retail. Walmart aims to perk up the produce aisle

Walmart has announced steps to improve the quality of its fresh fruits and vegetables.

The retailer said Monday it is making more changes in its operations, training and sourcing as it looks to increase sales of bananas, lettuce and other produce and instil more confidence among shoppers looking for healthier choices.

Changes include delivering produce from farms to store shelves more quickly by purchasing fruits and vegetables directly from local growers. It's also conducting independent weekly checks of the produce aisles at 3,400 U.S. stores, and has launched a produce training program to teach employees how to better handle fruits and vegetables.

The moves come as fresh fruits and vegetables have become the latest battleground in the supermarket wars, fuelled by shoppers' demands for healthier eating and the need for stores to differentiate themselves from rivals. Analysts say that Walmart's produce often looks tired and well below the quality of rivals like Trader Joe's, Whole Foods, Costco and Kroger. THE ASSOCIATED PRESS

Employee Karla Franco stocks the produce section of a Walmart Supercenter store in Pico Rivera, Calif., on May 30. KEVORK DJANSEZIAN/GETTY IMAGES

London

Judge restricts protests after fur flies at Gaga event

A British judge has limited protests outside London department store Harrods after management complained that Lady Gaga fans were disturbed by anti-fur campaigners during an appearance last October. The judge said that while the singer visited Harrods to promote her perfume, protesters with placards caused "nuisance, annoyance and harassment" to some people attending the event.

THE ASSOCIATED PRESS

Market Minute

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PUTTING THE 'PRO' IN PROM

SHE SAYS

Jessica Napier
metronews.ca

It's prom season.

I haven't set foot in a high school in almost a decade and yet I can't help but notice the increasing buzz of excitement in the air as teenagers across the country anticipate their iconic end-of-year dance.

Prom is an important rite of passage for young adults and a climactic moment in everybody's high school career — at least according to every single teen movie ever made.

When it comes to coming-of-age stories, corsages tend to get much more screen time than diplomas.

For high school seniors, prom night is essentially a smaller, less expensive version of a wedding reception.

There's the big dress, the cheesy DJ, the posed photos and the overwhelming expectations that are bound to leave you disappointed. These semi-formals have become so much like weddings that it's not even enough to just go to prom anything in common — every moment is documented thoroughly on social media.

This is the Tumblr generation after all; did it even really happen if no one was there to Instagram it?

more. You have to be "promposed" to.

While it might have been good enough in the past to simply corner your crush by their locker after class and ask them to the dance, today's teens are planning elaborate romantic gestures in order to secure a date to prom.

A quick YouTube search shows about 150,000 videos claiming to be the "Greatest Promposal EVER."

From subtle messages scrawled on coffee cups to over-the-top flash mobs set to Justin Bieber's greatest hits, adolescent boys and girls are pulling out all the stops to pop the question to their would-be prom date. Stunts might range from obnoxiously outrageous to sweetly sentimental but they do have one

Of course, it's only worth the effort and embarrassment if you're guaranteed to get the yes, which is why most promposals are between high school sweethearts who are coupled up already.

With teenagers' penchant for drama and insatiable appetite for attention, it's hardly surprising that a simple question has evolved into its own engagement-like ritual. But isn't it all maybe a bit too much?

The pressure to find a prom date is bad enough; these new expectations involving intensely passionate (and public) campaigns are an additional level of stress that senior students don't really need — especially around exam time.

Personally, I'm thankful that none of these shenanigans existed in my high school days.

I'm sure I would have spent weeks scrolling through #PROMPOSAL content alone in my bedroom and feeling disappointed that no one wanted to fill the school cafeteria with helium balloons for me.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Nice to moss, er, I mean, meet you

PABLO BLAZQUEZ DOMINGUEZ/GETTY IMAGES

Spanish man has found the ground

They look like do-it-yourself Halloween costumes but these moss-made outfits are in fact a part of a Spanish tradition dating back to the 12th century. The Procession of the Hombres de Musgo in the town of Bejar originates from a time when Christians reconquered the town from Muslim guards by camouflaging themselves in moss.

Legend has it that a group of Christian men used moss, which grows in abundance there thanks to the region's moist climate, as material for outfits to frighten Muslim guards.

At night, the moss-covered men slipped through the town gates and startled the guards, who thought the men were monsters. Fearing for their lives, the Muslim rulers fled the town forever. METRO

More spores

20 kg

20 kilograms is how much a moss costume weighs. However, rain would make this moisture-absorbing garment considerably heavier. Only six local townspeople are called upon every year to be one of the Moss Men.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Vine users meet Vine-Tune: Where Crowdsourcing meets Auto-Tune meets Twitter meets Vine meets a new way to procrastinate. If creating and sharing your six-second videos with your Vine pals isn't enough, you can now up your digital cred by having your gif-like videos be a part of indie bands' music videos.

Each month, the folks at VineTune (designers from London, U.K.'s Beattie McGuinness Bungay ad agency) chose a relatively unknown song and create a music video using Vine vids.

As the song plays and the lyrics scroll across the top of the screen, the six-second videos with the same hashtag play. Sounds confusing? See for yourself (and add your own) at vinetune.com.

Don't have Vine yet? Google Play released it this week, while 13 million iPhone users having been Vine-ing for the past five months.

Twitter

@metropicks asked: @pmharper was criticized for tweeting a partisan pitch asking followers to sign up for the Conservative party's newsletters. What do you want him to tweet about?

@FrenchmanCanada: He should #LT an episode of his favorite show. I'd love for it to be Duck Dynasty or The Bachelorette.

@J8780: What Nigel Wright told him as to why he felt he needed to write Mike Duffy a $90,000 cheque.

@KRam41: re Harper tweets: It's a fine line I guess.. He tweets abt animals & gets flack, tweets abt party and same result.

@MikeGormanHFX: What sort of masonry cement does he use for his hair?

@hserapsayv: No tweets of Harper interest me (yawn) .. The minister of Canada should tweet on national issues not partisan issues

that said is Harper really working for Canada or just the conservatives am his own agenda?

@SElliott_: I'd like @pmharper to tweek about parenting whle being PM. Show us he's human.

@awanderingsky: The #pmo should handle the meaningless info tweets. @pmharper is missing out by not directly engaging the people.

@LondonComp: Let him tweet whatever he wants, if you don't like it don't follow him. All the other politicians tweet about their party.

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WE WANT TO HEAR FROM YOU: Send us your comments: saskatoonletters@metronews.ca

metro

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Finding the meaning of life on death row

The Killing. Peter Sarsgaard's role as a sinister inmate who killed his wife has him thinking about the morality and ethics of the death penalty

MATTHEW PRIGGE
Metro World News in New York

Peter Sarsgaard has a handful of great films under his belt and now he's trying his hand at TV. HANDOUT

The third season of AMC's crime procedural The Killing, which premiered Sunday, has a new storyline and some new cast members. Among the neophytes is Peter Sarsgaard, a talented actor who's been among the best things in Boys Don't Cry, Garden State, Shattered Glass and An Education. In his first season-long television stint — which he was still shooting when we talked — Sarsgaard plays Ray Seward, a sinister death row inmate who killed his wife.

What are the challenges of playing a death row inmate?
So much of my story takes place in the same spot. In a lot of movies, there's the car chase, the scene at breakfast, the sex scene. This is about always going to the same cell. You have to find ways of doing a different dance on the same dance floor.

Were those challenges what drew you to The Killing?
Those, and also because the issues interested me. I'm very much against the death penalty. It's very easy to do a piece about someone who's been railroaded by the system who's innocent. If you don't believe in the death penalty, you have to take an extreme circumstance — someone who's indefensible — to see if it still applies. Otherwise, the death penalty applies in some cases.

What made you want to work on TV?
Just this show. I always really liked this show. I thought this material was better than some of the film stuff I was being offered. It seemed there was more of a role there.

There's much less of a fear these days for serious actors to do TV.
So many of my favourite actors are on television. So, if you want to act with them you have to be on television.

DVD reviews

A Good Day to Die Hard

Director. John Moore

Stars. Bruce Willis, Jai Courtney

●●●○○

The Die Hard series sells the lone wolf concept — Willis vs. global terrorists — yet deep down, it's really about family reunification. Good thing, too, because the violence gets old fast. The thump-thump-thump of the heart may be hard to discern behind the rat-tat-tat of machine gun fire, but the love has always been there. Die Hards 1-3 sought to return cowboy cop John McClane (Bruce Willis) to the shaky embrace of his wife (Bonnie Bedelia); the fourth film, Live Free or Die Hard, had McClane rescuing his adult daughter (Mary Elizabeth Winstead). Now comes chapter five, A Good Day to Die Hard. It moves the divorced and retired McClane to Moscow while reuniting him with his son Jack (Jai Courtney of TV's Spartacus: Blood and Sand). Willis and Courtney make a strong match, believable both as fractious family members and also as sarcastic adversaries forced by circumstances to work together. The family that yippee-ki-yays together, stays together.

PETER HOWELL

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Will Arnett ALL PHOTOS GETTY IMAGES

Will to live, happily: Arnett pumping some iron post-divorce

Arrested Development star Will Arnett found a very healthy and productive way to deal with his split from ex-wife Amy Poehler: hitting the gym. "If going to the gym obsessively for eight, nine months was my way of dealing, then let that be my worst problem," Arnett tells Details magazine. "Life is challenging, and I'd say that there's no guidebook — but there's about a million guidebooks out there. All people have been doing since the dawn of time is trying to figure out how to live this life and be happy. I'm no different." As looking for romance post-divorce, Arnett says he's not quite ready. "I'm not officially dating," he says. "I don't know what you do. Do you put out an announcement in the trades? 'I'm dating!' It all seems very scary to me, to be honest."

Kristen Stewart

Count her in: Stewart's split isn't going to stop her from socializing

Kristen Stewart isn't letting her break up from Robert Pattinson keep her from having a social life. The Twilight starlet attended the wedding of her Catch That Kid co-star, Max Thieriot, over the weekend, according to E! News. Thieriot, who has remained pals with Stewart since making the 2004 teen caper, married Lexi Murphy Saturday. Sources say Stewart wore a sleeveless black dress and sunglasses and mingled with other attendees.

The Word

Jesse James' teen daughter heads to rehab

THE WORD
Dorothy Robinson
scene@metronews.ca

Jesse James' daughter, Chandler James, 18, checked into rehab in April to battle her addiction to crystal meth, RadarOnline.com revealed yesterday. The site published troubling photos and video of Chandler, 18, inhaling crystal meth off of aluminum foil.

"It is an open secret here in Austin that Chandler and her friends party hard and get wired," said the "friend" who sold the video to Radar. "It was getting pretty out of hand. If she didn't get help, who knows what could have happened." Chandler also apparently has a problem with "huffing."

James confirmed the news to Radar: "My daughter spent the month of April in a treatment facility getting help for addiction," James told RadarOnline.com, via email.

"She is out now and in recovery, actively participating in a 12-step AA (Alcoholics Anonymous) program."

Lindsay Lohan

Hard to counsel a family without the folks

Lindsay Lohan was hoping to get some family counselling in while under treatment at the Betty Ford Center, but it looks like that plan is off since neither her mother, Dina, or her father, Michael, could make it to the planned session over the weekend, according to Radar Online. "I didn't want a confrontation with Dina while Lindsay is in rehab," Michael tells the site. "I've decided to go home and see my baby." Lindsay, meanwhile, is not taking too well to her time at Betty Ford, even with one of her three months of treatment under her belt.
"She hates being at Betty Ford," a source says.

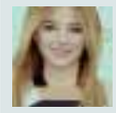
Amanda Bynes

Bynes needs a bunk: Amanda may have been booted from apartment

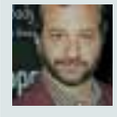
Amanda Bynes needs a new place to live. The troubled former child star was reportedly evicted from her New York City apartment last week, according to In Touch Weekly. "Movers showed up and removed Amanda's belongings from her apartment," a source says. This is the same apartment where Bynes was arrested on May 23 after she allegedly threw a bong out of her 36th floor window. "Even before her arrest, residents had constant complaints about the smell of marijuana coming from her apartment," the source adds. "She had also cursed out residents and the doormen."

Twitter

@mindykaling
The Tesla is cool but I've always thought of it as kinda for dudes and also I can't afford it. I love the maybach but I need an entourage.



@ChloeGMoretz
Waking up before dawn, oh summer sunlight, it's light till 11 then light at 4



@JuddApatow
People think it is wrong to make goofy tweets when there is something awful in the news. There is always something awful in the news.

Rules for a summer-flat stomach

Don't be the party pooper that refuses to take their top off all summer. Experts tell us how to get a flat stomach and fast

ROMINA MCGUINNESS
life@metronews.ca

Don't sip your cocktail using a straw

Bet that poolside cocktail was really refreshing and delicious. And that long straw meant you didn't even have to lift your head from the sun lounge in order to take a sip. "Big mistake!" says gastroenterologist Dr. Roshini Raj. "Drinking out of a straw causes you to swallow more air, which can lead to gas and bloating."

De-clog your digestive track

Eating too many nuts and bananas can cause constipation, says Raj. "Nuts are good for you in many ways (they're a rich source of plant protein and omega-3 fatty acids) but the gelatinous form that they take when digested means they tend to stick together and get stuck … Bananas, especially when unripe, are full of starch, which has been shown to slow down digestion. If you suffer from constipation, stick to eating one a week," she adds.

Work your deep abdominals

"Do 30 minutes worth of cardio exercises, five days a week. This can be anything from jogging and spinning, to treadmill exercises," recommends Michele Olson, exercise physiologist at Auburn University in Montgomery. "You also want to be doing push-ups and planks because your abs fire strongly during these moves in order to stabilize your back. Do two reps of 10 push-ups followed by 10 side planks to each side."

Stay away foods that cause flatulence

Some foods produce more gas than others, making you feel full and bloated.

"Complex carbohydrates, found in some vegetables, including broccoli and cauliflower can cause gas. These foods contain sugars that are passed undigested into the colon where they are broken down by bacteria producing gas as a by-product. … And if you're in the habit of stirring some Sweet'N Low into your morning coffee, beware. Artificial sweeteners can cause gas to get trapped in your belly," Michele Olson, exercise physiologist at Auburn University in Montgomery, said.

Never, ever skip meals

If you think that skipping meals, taking laxatives or stopping eating altogether is going to do the trick, then think again.

"All this will do is cause you to lose water and electrolytes, leading to dehydration. This then prompts your body to retain water, meaning you'll just pack back on whatever water weight you lost," says Raj.

Douglas draws attention to HPV risks

Health. The actor said that HPV, transmitted via cunnilingus, could cause throat cancer, which he was diagnosed with in 2010

ROMINA MCGUINNESS
Metro World News

In an interview with the Guardian newspaper, Michael Douglas said that oral sex can cause throat cancer. GETTY IMAGES

Metro spoke to Dr. Julie Sharp, senior science communications manager at Cancer Research UK, about the link between oral sex and cancer.

What exactly is HPV?
"It's a virus that's normally transferred through actual physical contact (skin-to-skin or sex). Although it is, in most cases symptomless, it can cause things such as genital warts. HPV is very common. Eight out of 10 people will be infected with it at some point in their life even though in most cases, they won't know anything about it."

How can HPV cause cancer?
"There are hundreds of different types of HPV and around a dozen of them can increase the risk of cancer. They're more associated with cervical and genital cancer but can be linked to certain types of mouth and throat cancer, through things such as oral sex. HPV infections most commonly occur to the fingers, hands, mouth and genitals and can cause DNA damage in the cells. If it's going to cause cancer it can be that you are exposed to a high risk form of HPV just once, but obviously, the more sexual partners you have, the more you're exposed to different types of HPV, increasing your risk of contracting one of the forms linked to cancer."

Michael Douglas has been married to actress Catherine Zeta Jones for 12 years. Is it possible that he caught the HPV before their relationship began — some 15 to 20 years ago?
"Yes. And that's why these cancers are often diagnosed in older people, who might not even have been sexually active recently. So yes, it might have been a previous infection. Cancer doesn't just develop overnight. You might have had an infection that led to a cell change and then over the years, those changes turned into cancer."

Would Catherine Zeta Jones have been at risk of getting the HPV from her husband?
"I assume she would have been exposed to the virus at some point. It would depend on when he had it. The infection might have passed on by the time they got together, but the damage would have been done in terms of the cancer risk."

Douglas also claims that although cunnilingus was the reason he got cancer in the first place, it's one of the best cures. Is this true?
"I don't know what he's alluding to there. That doesn't have any basis in science or research. I'm also not sure how he's so certain that his cancer is linked to HPV. You can test for HPV, but I don't know if you can see if someone had an infection in the past. It's more likely that it was a combination of things. More than three quarters of oral cancers in men and more than half in women are caused by smoking. Alcohol also plays a big part. So they're all risk factors."

Reducing risk

So should people stop having oral sex if they want to reduce their risk of getting cancer?

- **Quote.** "With oral cancer, the main risk factors are still alcohol and smoking. There are hundreds of different HPV infections and only occasionally will someone be exposed to one that's going to increase their risk of cancer. These cancers are very treatable and anything in the mouth and the throat, it's easier to spot the symptoms. The main thing is for people to be aware and to get checked out if they've got things like ulcers, sores or white patches that don't go away, difficulty with speech or swallowing and any kind of discomfort. Even dentists are trained to look for any unusual patches in the mouth."

Anti-cancer turmeric trumps bread crumbs in pan-fried fish

This recipe replaces traditional bread crumbs with turmeric as a coating for pan-fried fish.

This recipe serves four. SUBMITTED

Ingredients

- 1 egg
- 1 tbsp water
- 2 tbsp turmeric (or curry powder)
- 2 tbsp whole-wheat flour
- 1/4 tsp sea salt
- 1/4 tsp white pepper
- 1 lb catfish fillets
- 1 tbsp butter
- 1 tbsp grapeseed oil

1. Beat egg in a shallow bowl with 1 tbsp of water.

2. Mix turmeric, whole-wheat flour, sea salt and white pepper in a separate bowl.

3. Dredge fish in egg and then set into turmeric-flour mixture, turning to coat.

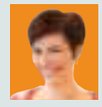
4. Warm a large skillet over medium-high heat and add butter and oil. Quickly add the coated fish.

5. Cook for 2-3 minutes and turn once to cook through for 2-3 more minutes.

6. Set fish onto paper towel to absorb any excess fat. THERESA ALBERT/MYFRIENDINFOOD.COM

Health Solutions

Not a spice to sneeze at



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It isn't a new spice by any means, but it could help you prevent cancer.

Turmeric is one of the most widely studied foods for its potential anti-cancer properties.

It has been shown to be anti-inflammatory and cell protective for all kinds of cancers from bowel to prostate.

It is a root that is dried and ground into a powder, which creates that yellow colour in curries.

Ways to work it in:

- Buy it in Asian or Indian markets whole and grate it yourself for a fresher, more potent punch.
- Sprinkle some pure turmeric on a kitchen cut to stop the bleeding in its tracks.
- Add it to any tomato-based sauce, you won't taste or see it but it will boost the potency.
- Add to spice cakes or cookies.
- Stir into dips.
- Consume curries more often.
- Mix with water and use as a scrub on sensitive skin.
- Take as a supplement.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Lunch. Baby Kale & Steak with Apricot Dressing

This recipe serves eight. SUBMITTED

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Baby kale is the new green on the block.

I prefer these small leaves because they are tender and sweeter than the large fibrous leaves, which have to be massaged when eaten raw.

If unavailable, substitute baby spinach or mesclun greens. Substitute steak for grilled chicken, shrimp or tofu.

1. Place kale, onions, cranberries and almonds on serving platter.

2. Mix all of the dressing ingredients together and pour over top.

Ingredients

- 8 cups baby kale leaves
- 1 cup sliced red onion
- 1/2 cup dried cranberries
- 1/2 cup sliced and toasted almonds
- 8 oz grilled top sirloin steak

Dressing

- 2 tbsp olive oil
- 2 1/2 tbsp apricot jam
- 1 tbsp apple cider vinegar
- 1 tbsp lemon juice
- Pinch of salt and pepper

Brunch goes the way of tapas

A tapas-style meal of a variety of small, appetizer-like bites is something we tend to associate with evenings and cocktails. But the same idea of small plates would lend itself perfectly to brunch.

Smoked Schmeared Potatoes

Ingredients

Smoked Schmeared Potatoes

- 2 medium red potatoes
- Olive oil
- Salt and ground black pepper
- 1/4 cup garlic-herb cheese spread
- Half an 8-oz package smoked trout

Chorizo Hash-Stuffed Mushroom Caps

- 12 cremini mushroom caps
- Salt and ground black pepper
- 1 tsp olive oil
- 1/2 small yellow onion, chopped
- 1 link (about 4 oz) fresh chorizo sausage, casing removed, crumbled
- 1 small potato, grated
- 2 tbsp water
- 1/4 cup grated manchego cheese

1. Heat the oven to 400 F.

2. Slice each potato into six 1/2-inch-thick slabs. Brush potato slices with olive oil on both sides. Season with salt, pepper.

3. Arrange the slices on a rimmed baking sheet and roast for 15 to 20 minutes, or until tender. Allow to cool.

4. Spread bit of cheese onto each potato slice, then top with a piece of the smoked trout.

Chorizo Hash-Stuffed Mushroom Caps

1. Heat the oven to 400 F.

2. Arrange mushroom caps, open end up, on baking sheet. Sprinkle with salt and pepper; roast 5 minutes.

3. In skillet over medium-high, heat olive oil. Add onion and chorizo and sauté until browned, 5 to 6 minutes. Add the potato and water, then cook for another 3 to 4 minutes.

4. When mushrooms are roasted, spoon sausage mix into caps and sprinkle with the cheese. Return to oven for another 10 minutes. Serve warm or at room temperature. THE ASSOCIATED PRESS

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Yes, the kids are off school but summer time livin' can still be easy

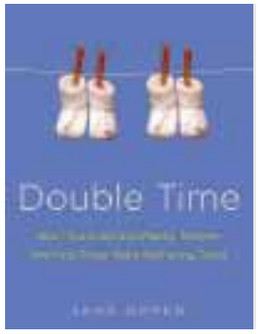
Handy survival tips. Don't dread having your little ones home for the sunny months, be prepared instead.

Enrol your kid(s) in a summer reading program this summer. ISTOCK

Jane Roper, the author of the memoir Double Time: How I Survived — and Mostly Thrived — Through the First Three Years of Mothering Twins, knows how rewarding and challenging the summer months with children can be.

And now that her daughters are six years old, she has spent many a warm month keeping both of them occupied. "If you've got preschool or school-aged kids like I do, you may be dreading the end of the school year just a teensy bit," she notes. "But fear not. There are plenty of ways to retain your sanity and have fun in the process." Roper shared her tips with Metro.

Just add water
Hot, humid weather makes my children miserable, which in turn makes me miserable. When temperatures soar, we hit parks and playgrounds with water sprays or wading areas. When the girls were younger, I'd give them bowls, spoons and measuring cups, and let them "cook" with ice. And if all else fails, there's always ice cream.



Make them read
Almost every public library has some kind of summer reading program — even for the picture-book set. Check out what's available near you, and designate some independent reading time every day. While the kids read, you can dive into your own summer reading. Note: The 50 Shades trilogy is probably not advisable. ("What's your book about, Mommy?")

Be a tourist
Summer is a great time to explore your own backyard — the parks, museums and attractions you don't normally get to explore. Schedule a weekly "field trip" to someplace within an hour's ride or drive that you and/or your kids have never been before. (This includes exotic new malls and movie theatres if you're craving air conditioning.)

Swap
Set up a regular play date exchange with a friend: their place this Friday afternoon, your place the next. If you're so inclined, bring a bottle of wine or other treat for the host when you pick up your kids. Especially if yours, like mine, are, er ... "spirited."

METRO

Advice

Let them be bored
• "Resist the urge to schedule every last minute," advises Roper. "When my kids complain that they're bored, I say, 'Well, it's OK to be bored.'" Roper says that then, her girls "usually come up with some amazingly creative game or activity on their own." Oh, and keep the big picture in mind: "Other times, they just lie on the couch like giant throw pillows for a while. Either way, you get a break and they survive. And it's all about survival, right?"

RECEPTIONIST

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- Greet visitors and guests

REQUIREMENTS OF THE POSITION:

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- Great organizational and time management skills
- Outstanding communication skills
- Intermediate knowledge of Microsoft Office - Word, Excel & Outlook
- Attention to details and thoroughness in the execution of tasks
- Must be a team player with a great, and we mean great, sense of humor

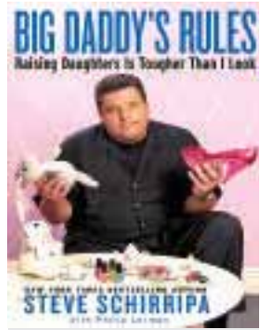
Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than June 14, 2013. PLEASE QUOTE: "Receptionist - Saskatoon" in the subject line. All submissions will be treated as confidential.

metro

Tough-love parenting book from tough-guy actor

Q&A. Sopranos regular Steve Schirripa talks being a strict, loving, daddy, but one who's wary of his 'cunning' teenage daughters

ALEXANDRA CAVALLO
Metro World News in New York City



On The Sopranos, Steve Schirripa played a hotheaded, loudmouthed guy. As a father, he's pretty much that same guy. He wrote Big Daddy Rules as a love letter to his two daughters.

"I guess I don't always tell them how I feel," he says. "I yell a lot. I'm pretty strict, and also I've got a lot of opinions, and I wanted to put them all together in a book."

What are the rules?
The first rule is, I make the rules. I'm your father, not your friend. But I'm the best friend you're ever going to have because nobody is going to care about you the way I care about you. The four greatest words in the world are "because I said so." That's why you can't go to the party where they're serving beer. Parents don't want to tell their kids "no" anymore.

What's the hardest part about raising girls?
A boy, you give them a ball, you give them a Lego, they're fascinated. Girls are smart, they're cunning, they're calculating. They bat their eyelashes, they manipulate you.

What's an uncomfortable situation, as a dad?
My daughter dated a boy when she was 16, and I think I made a mistake there. I don't think she was emotionally ready. I was reluctant. I would not make that mistake again.

Do you really think you could have stopped her?
I hear what you're saying. I can't control everything they do, and I don't try to, but I want to be present whether I'm there or not. I want them to think, "What would my dad think about this decision I'm about to make?"

Were you strict with letting them watch TV?
I am still! I hate that reality crap. I saw them one day watching The Jersey Shore and I said I never want to see that again, ever. It's complete garbage. You think this is for real?

What's your best advice for a new dad?
I think the best thing is to be present. Get in there; get your hands dirty. Be involved. You know, in every movie, every TV show, the dad's an idiot. Don't be an idiot. Take charge, change a diaper, help.

Are you getting good investment advice?

YOUR MONEY
Alison Griffiths
money@metronews.ca

Borrowing to invest is a risky strategy. ISTOCK IMAGES

I'm mad as hell and ready to kick someone. Actually, I am ready to kick the advisor of a reader named Martin.

Martin is 59, on a fixed income and has little knowledge about investments. Nonetheless, he ended up with a $150,000 investment loan, which the advisor then used to purchase seven seg mutual funds from two different insurance companies.

Seg funds are like mutual funds with capital guarantees of anywhere from 60 to 100 per cent, with 75 per cent being fairly standard. You must hold them for 10 long years before the guarantee can be activated.

Bear in mind that the guarantee does not cover any growth in the investments, only the money initially invested.

Interestingly, there's no 10-year period since 1950 when the Canadian markets have been negative. Even after the financial crash of 2008/2009 stocks righted themselves by early 2013. The worst period for the U.S. market was 2000 to 2010 with a minus 3 per cent return for the Dow Jones.

Specific investments, however, including any given mutual fund, can be a 10-year pooch. But if you are only getting a 75 per cent capital guarantee and paying for it through elevated mutual fund fees for 10 years, you have to have one terrible fund plus a bad market in order for the guarantee to be worthwhile.

Back to Martin. Not including borrowing costs, his funds are worth $17,000 less than he paid for them in 2002. Not only that but he has considerable duplication in his holdings with two each of balanced, Canadian and global equity funds.

This advisor also persuaded Martin to buy shares of Research in Motion. He's actually made a few dollars here but this was a pure gamble. Borrowing to invest is a risky strategy even if the investments are sound. Buying a single, volatile stock such as RIM is also hugely risky.

Martin's best course of action is to make a complaint to the firm first. His Know Your Client form should indicate level of knowledge and risk tolerance. I'm betting he indicated both were low. Two other complaint venues are the Investment Industry Regulatory Organization of Canada (IIROC) and the office of the Banking and Investment Ombudsman.

Martin's portfolio does not match his situation or temperament and I am hoping he gets some compensation for this terrible advice.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Hold the phone: there's a new way to pay for your coffee

The physical card may soon be a thing of the past with more people using mobile wallets. ISTOCK IMAGES

Whether it's buying morning coffee, getting a haircut or purchasing movie tickets, consumers want greater flexibility in paying for goods and services.

The number of credit and debit card transactions continues to increase, however payment with a physical card may soon be a thing of the past. In a connected world where smartphone and tablet usage continues to rise, this presents a shift in the way traditional payments are being accepted.

According to Pivotal Payments, one of Canada's leading payment processing companies, businesses both big and small can have a competitive edge by offering mobile payment options that are flexible and cater to their customers' changing needs.

"We've seen rapid growth of mobile payment applications due to the solution's affordability, security and universality," said Shaun McDonald, vice president of product and project management at Pivotal Payments. "Mobile payments allow merchants traditionally unwilling to accept credit cards to expand their payment options."

With the use of a small card reader, merchants owning an iPhone, Android or BlackBerry device can easily accept credit cards at a relatively low cost. Some see this as a stop-gap between the use of physical credit cards and mobile wallets.

In the case of mobile wallets, a consumer's own smartphone becomes the payment source, with an application that stores their credit card information.

As consumer behaviour evolves and accepts these new technologies, it will usher in a new era of payment processing where an actual credit card may not necessarily be required to make what we now consider a credit card purchase.

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Foley homing in on another Grey Cup?

CFL. Even with experience winning it all on home turf, new Riders DE says title talk for Saskatchewan a little premature at this stage

Ricky Foley was named the top Canadian in the Argonauts' 35-22 win over Calgary in last November's Grey Cup. Foley says winning the cup in Regina this year "would be on par" with last year's win in his hometown. STEVE RUSSELL/TORSTAR NEWS SERVICE

Once again, Ricky Foley is chasing a hometown Grey Cup.

The eight-year veteran defensive end is preparing for his debut with the Roughriders some five months before Regina hosts the 2013 CFL championship. Foley is familiar with the challenges of winning the trophy at home, accomplishing the feat last year with the Toronto Argonauts.

Toronto became the second straight CFL team to win the title as the host city after B.C. did so in 2011.

The historic 100th Grey Cup was also special for Foley because family members from nearby Courtice, Ont., were on hand. He was named the game's top Canadian.

"It's really tough to beat because it was the 100th Grey Cup, there won't be another 100th Grey Cup, it was in my hometown with the hometown team and my family and friends were all there," Foley said Monday from Riders camp in Saskatoon. "And while I'm not looking in the past and this is a new chapter, the best thing I could do is add to it and win the cup here.

"That would be on par, for sure."

Riders GM Brendan Taman has been busy this off-season, adding free agents Foley, linebacker Renauld Williams, defensive back Dwight Anderson and most recently defensive lineman John Chick. Taman also acquired kicker Brody McKnight and hired former Hamilton coach George Cortez as offensive co-ordinator.

But Taman's biggest move was landing slotback Geroy Simon from B.C. Already the league's all-time receiving yards leader, Simon needs 29 catches to break Ben Cahoon's career mark of 1,017.

Injuries limited Simon, 37, to 54 catches for 700 yards and two TDs last season, the first time in 10 years he didn't crack the 1,000-yard plateau. A healthy Simon would complement a solid receiving corps.

But Foley, currently nursing an injured right oblique, says talk now about winning the Grey Cup is just that — talk.

"There's definitely a sense of excitement around here with all the additions that have been made," Foley said. "As a veteran, I know you don't win the Grey Cup on paper and every team made moves in the off-season to put themselves in a position to win it.

"But I think it's known around the league what this team has done, the guys they've brought in and what they're trying to do and they're making that push for the hometown cup." THE CANADIAN PRESS

Versatile, but not always with a smile

In Toronto defensive co-ordinator Chris Jones' scheme, Foley did more than just rush the passer. He was also required to drop back into coverage like an outside linebacker.

- "It ended up working and we won the Grey Cup so you can't argue," Foley said. "But at times it got frustrating because you felt you weren't playing as well at linebacker as you were at defensive end. I'm coming here to do what I do best and that's get after the quarterback and be on the line of scrimmage."

French Open

Sharapova sends home Stephens, reaches quarters

Defending champion Maria Sharapova returned to the French Open quarter-finals by beating 17th-seeded Sloane Stephens of the United States 6-4, 6-3 on Monday.

The second-seeded Sharapova handled Stephens' strong serve well, accumulating 12 break points and converting four.

In 2012, Sharapova completed a career Grand Slam at Roland Garros, adding that trophy to those from Wimbledon in 2004, the U.S. Open in 2006 and the Australian Open in 2008.

THE ASSOCIATED PRESS

Cancer battle

Ex-NFL QB Kelly heroic in face of cancer diagnosis

Jim Kelly intends to confront the cancer found in his upper jaw bone much like the Hall of Fame quarterback has approached many of the numerous challenges he's faced in life: Head on.

Revealing on Monday that he's been diagnosed with squamous cell carcinoma, Kelly drew upon his family, faith and perseverance.

"You have challenges. You have to confront them head on. And this is just another one. I'm down at the bottom. But I will rise to the top again," Kelly said. "I am extremely confident in my road to recovery ..."

THE ASSOCIATED PRESS

Pitt of despair: Pens fall again at home

Boston's Brad Marchand scores a first-period goal on the Penguins' Tomas Vokoun on Monday night in Pittsburgh. GENE J. PUSKAR/THE ASSOCIATED PRESS

Brad Marchand scored twice during a four-goal first period and the Boston Bruins routed the Pittsburgh Penguins 6-1 in Game 2 of the Eastern Conference final on Monday night.

David Krejci, Nathan Horton, Patrice Bergeron and Johnny Boychuk also scored for Boston, which hardly broke a sweat while going up 2-0 in the best-of-seven series. Tuukka Rask kept Sidney Crosby and the rest of the NHL's top offence in check once again, stopping 26 shots.

Game 3 is Wednesday night in Boston.

Brandon Sutter netted Pittsburgh's lone goal. Tomas Vokoun gave up three first-period goals on 12 shots before being replaced by Marc-Andre Fleury.

The move did little to blunt the momentum in what has quickly become a one-sided series. Boston held Pittsburgh's top-ranked power play scoreless for the second straight game, and the Bruins looked like the team marked as the Stanley Cup favourites, not the star-laden Penguins.

THE ASSOCIATED PRESS

Game 2

Bruins	Penguins
6	1

Horoscopes

♈ Aries
March 21 - April 20
Your head will rule your heart today, but in a good way. Facts and figures are of the utmost importance, so make sure you know what's going on and what it might mean to your long-term plans.

♉ Taurus
April 21 - May 21
There are times when it all seems to come together and this is one of them. Today's Mercury-Saturn link will clarify what before may have seemed confusing.

♊ Gemini
May 22 - June 21
This is potentially one of the best times of the year for you and the closer you get to Saturday's new moon, the more you will follow your instincts and the happier you will be. Have fun.

♋ Cancer
June 22 - July 23
Something you visualize today can be more than just an idle daydream. It could turn out to be enjoyable and lucrative if you're motivated to make it happen. Get up and get to it.

♌ Leo
July 24 - Aug. 23
You may not want to seem mean, but if you give loved ones everything they ask for today, you may have nothing left for yourself. And if you're not happy, how can those around you be happy?

♍ Virgo
Aug. 24 - Sept. 23
Go out of your way to be nice to people today, even though they may not always be nice to you. Someone in a position of power will be impressed by your ability to get along.

♎ Libra
Sept. 24 - Oct. 23
Something you see or hear over the next few days will open your mind to the fact that the world is a bigger and more interesting place than you thought. Now all you need are some bigger goals.

♏ Scorpio
Oct. 24 - Nov. 22
You may be a no-nonsense Scorpio but there is a kinder side to your nature that only those who know you well get to see. Try letting a few more people in on the secret today.

♐ Sagittarius
Nov. 23 - Dec. 21
You may think you can do it alone but life will be so much easier if you have others by your side. What you most need today is someone with the patience to handle negotiations and read the small print.

♑ Capricorn
Dec. 22 - Jan. 20
Do what you think is right, even if everyone around you seems to think it is wrong. If you follow your conscience today, it's unlikely you will stray far from the righteous path.

♒ Aquarius
Jan. 21 - Feb. 19
Over the next few days, the right thing will happen at just the right time and those fears that have been invading your thoughts will just fade away. The upcoming new moon will give your confidence a boost.

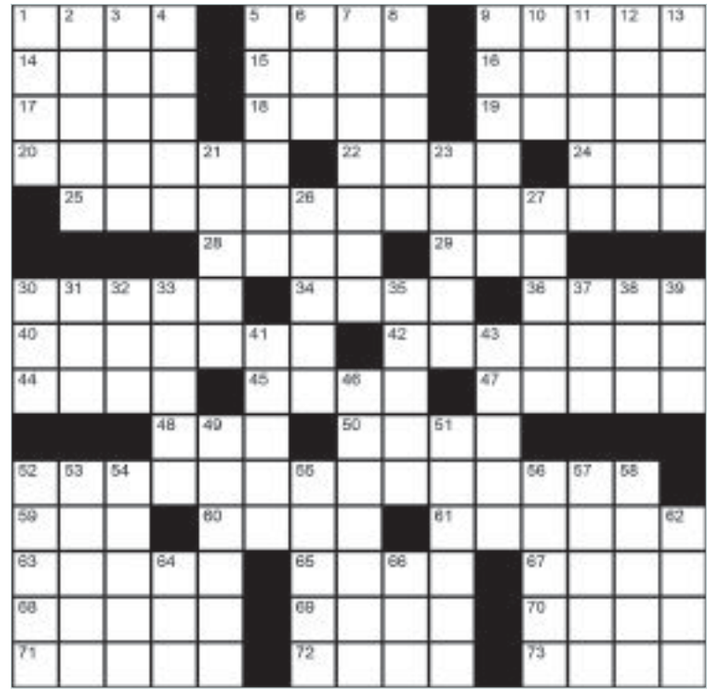
♓ Pisces
Feb. 20 - March 20
You don't have to give away all your worldly goods but you do have to do something to help people who are suffering in some way. Involve yourself in a bigger cause.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

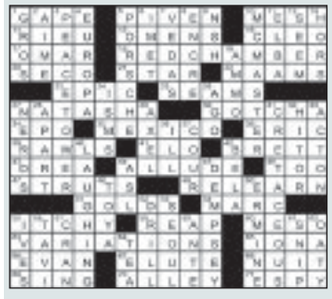
BY KELLY ANN BUCHANAN



Across
1. Bird for Hans Christian Andersen
5. Univ. teacher
9. Radiohead hit
14. Robin Cook's thrilling book
15. Since, to Robert Burns
16. TV feed's sound
17. In the crowd
18. Himalayas hairy humanoid
19. "Love, __ O'er Me" by The Who
20. Early-'90s Canadian comedy series, "__ Mansion"
22. Like fine wine
24. Definite article
25. Aurora Borealis: 2 wds.
28. Arias, e.g.
29. Muck
30. Severus __ (Character in 'Harry Potter' books)
34. Smidgen
36. Borscht ingredient
40. Keep __ of the latest news
42. Set up
44. Gestures of affection for dogs
45. Bird beaks
47. Supplement: 2 wds.
48. Universal principle
50. Library verb
52. Gig for David Beckham: 2 wds.
59. For each
60. Manitoba community, __ Lake
61. Tooth topping
63. Period
65. Seaport of Yemen
67. 6th Greek†alphabet letter
68. Maiden name of Dixie Chicks member Emily Robison
69. Mr. Bridges
70. Mr. Stoltz
71. Edible seaweed
72. Biblical grandson
73. Unit of force

Down
1. Rip off
2. Shania Twain album: 'The __ in Me'
3. __ acid
4. Rock bottom
5. Hitchcock horror
6. Seedy sandwich selection
7. Toronto's locale
8. Fake
9. Fitness routine component
10. Ms. McClanahan
11. Ms. Wharton of books
12. "__ Is Enough" (Old TV series)
13. Cornmeal breads
21. Sailor's status: 2 wds.
23. British composer of 'Pomp and Circumstance' marches, Sir Edward __ (b.1857 - d.1934)
26. Upper crust
27. Spoil, as food: 2 wds.
30. Deplete, as energy
31. NFL, NHL ...and what else?
32. Mr. Linkletter
33. Plague, in Paris
35. Electroshock-er
37. "Howards __" (1992)
38. Alter __
39. British band, __ Years After
41. __ Owl
43. Inert gas
46. Manitoba city
49. Actress Ms. Dahl
51. Makes right
52. Hiked, as prices
53. Kind of jacket
54. Southern __, as per accents
55. Related maternally
56. Groggy
57. Manicurist's tool, __ board
58. Accept, as to a club: 2 wds.
62. Dainty fabric
64. Paris to Nicky, for short
66. Tokyo, formerly

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	5		8	4	2		6	
1								3
		9				5		
9	1		6		8		3	4
				7				
2	8		4		1		7	9
		4				1		
5								7
	9		1	6	7		5	

Yesterday's Sudoku

9	3	2	8	4	6	7	5	1
1	8	4	3	7	5	2	6	9
5	6	7	9	2	1	3	4	8
3	4	6	1	5	7	8	9	2
2	9	1	6	8	3	4	7	5
8	7	5	4	9	2	6	1	3
4	1	8	7	3	9	5	2	6
7	2	9	5	6	8	1	3	4
6	5	3	2	1	4	9	8	7

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Sunny
Wednesday
22°/10°
Sunny
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Check the 14 day trend.
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